

## Somers Senior Center November Newsletter

19 Battle Street Somers CT 06071

860-763-4379

### Senior Center Staff

Jillian Connors	SC Supervisor
Florence Hurley	SC Coordinator
Pamela Caso	SC Administrative Assistant
Melinda Burnham	Driver
Ed Hart	Driver
Donna LaVallee	Driver

### Social Services

619 Main Street Somers CT 06071	860-265-7551
Allison Maynard	Social Services Director
Christina Hurdle	Social Services Coordinator

### Energy Assistance

As we prepare for the colder weather, please give us a call if you are in need of Energy Assistance. Our department has several programs available to help offset your heating costs of the winter. If your annual income is less than \$39,027 (single person), \$51,035 (two people), you may be eligible for assistance.

### Meals on Wheels

Meals on Wheels is always available to accommodate new participants. Meals are delivered Monday through Friday.

### Medicare Open Enrollment October 15<sup>th</sup>-December 7th

Do you need help selecting the right Medicare plan for you? If so, contact Social Services to speak with Christina Hurdle, our CHOICES counselor. (Connecticut's Program for Health Insurance Assistance, Outreach, Information & Referral, Counseling, Eligibility Screening). You will be asked to complete a short form so we can gather all necessary information, once provided back to us, we will schedule an appointment to review your options. Contact Christina Hurdle at (860) 265-7551 or [churdle@somersct.gov](mailto:churdle@somersct.gov).

## November is National Gratitude Month

The word **gratitude** is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

<https://www.health.harvard.edu>





## Somers Senior Center Registration Form

### November 2021 Classes, Events, & Trips

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Program Name	Date	Fee (When Applicable)
Cash/Credit/Checks	Total Due	
Payable to Town of Somers		
Please Circle or Comment Below		Comments
Do You have any Movie Suggestions for our Movie Matinee?		
Would you be interested in afternoon Trivia?	 	
Any other Suggestions for New Programs		

All Fees are payable at the time of registration unless otherwise noted.

Registration Begins October 25, 2021 for Somers Residents, & October 28, 2021 for Non Residents



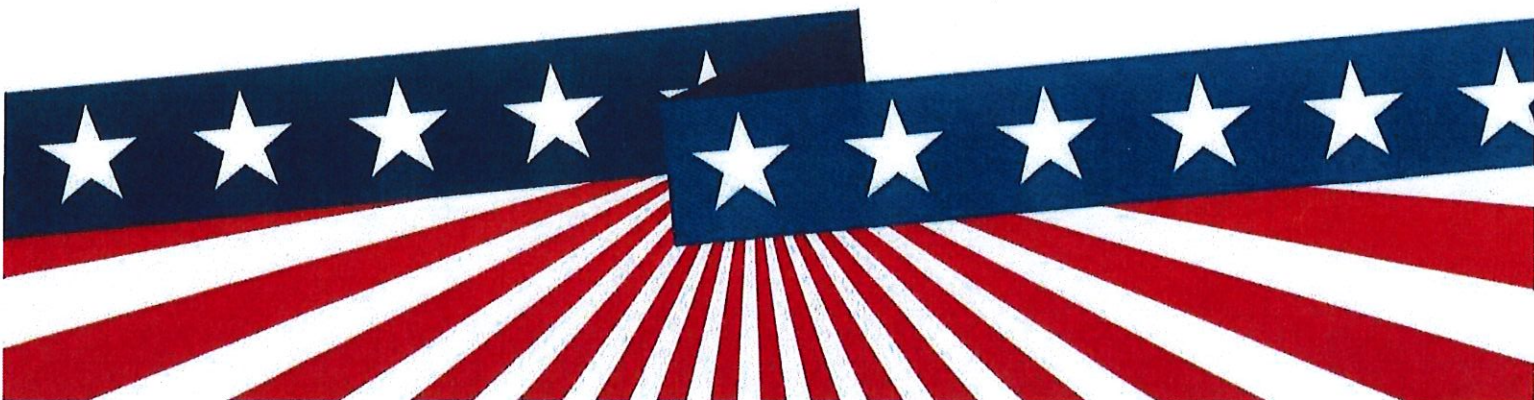
**Registration is required: Call 860-763-4379**

**November 4, 2021 @ 12pm Somers Senior Center**

**"Thank A Vet, Patriotic Tribute"**

While the Somers Senior Center will be closed on Thursday, November 11th in observance of Veterans Day, we will be celebrating our veterans on Nov. 4th with a special "Thank A Vet" program of patriotic songs with Tom Callinan. Tom developed the program after the terrorist attacks of Sept. 11, 2001, and it has become very popular. A multi-instrumentalist, Tom is self-accompanied on guitar, banjo, bodhran (traditional Celtic frame drum), spoons, and pennywhistle, and his repertoire spans the course of American History from colonial days to the present, including songs that are well-known, other that are fairly obscure, and his original compositions.

*The Somers Senior Center would like to  
Thank our veterans and their families  
For all they have sacrificed for our freedom*



1. MONDAY	2. TUESDAY	3. WEDNESDAY	4. THURSDAY	5. FRIDAY
9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights	9:00 Coffee Talk 10:15 Chair Aerobics <b>12:00 Home Helpers Lunch</b> Meatball subs  <b>1:00 Home Helpers</b> (Support Group)	9:00 Outdoor Qigong 10:00 Wednesday Walkers 1:00 Dominoes <b>1:00 Set Back</b>	9:00 Pickle Ball @ Field Rd 9:00 Bay Path 10:00 Yoga <b>12:00-2:00 Veterans</b> Tribute "Thank a Vet" 5:30 Bridge	<b>9:00 Coffee Talk</b> Healthy Breakfast  10:15 Chair Aerobics
8. MONDAY	9. TUESDAY	10. WEDNESDAY	11. THURSDAY (CLOSED)	12. FRIDAY
<b>8:30 Footcare</b> 9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights	9:00 Coffee Talk 10:15 Chair Aerobics <b>1:30 Advisory Mtg.</b>	9:00 Outdoor Qigong 10:00 Wednesday Walkers <b>11:00 Crafters Corner</b> <b>1:00 Set Back</b> 1:00 Dominoes		9:00 Coffee Talk 10:15 Chair Aerobics
15. MONDAY	16. TUESDAY	17. WEDNESDAY	18. THURSDAY	19. FRIDAY
9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights	9:00 Coffee Talk 10:15 Chair Aerobics <b>11:30 Parkway Lunch</b> Beef stew, garlic knots, & cream puffs	9:00 Outdoor Qigong 10:00 Wednesday Walkers <b>12:00 Grab &amp; Go Club Lunch</b> <b>1:00 Set Back</b> 1:00 Dominoes	9:00 Pickle Ball @ Field Rd. 9:00 Bay Path 10:00 Yoga Stretch <b>12:00 Bingo</b> 5:30 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics  <b>11:00 Tech Support</b> with Audra
22. MONDAY	23. TUESDAY	24. WEDNESDAY	25. THURSDAY	26. FRIDAY
<b>8:30 Footcare</b> 9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights	9:00 Coffee Talk 10:15 Chair Aerobics 2:30 Hiking at Camp Ayapo	9:00 Outdoor Qigong 10:00 Wednesday Walkers <b>1:00 Set Back</b> 1:00 Dominoes		<p>Closed the 25th &amp; 26th to celebrate Thanksgiving.</p>
29. MONDAY	30. TUESDAY	<p>Please remember to register if you plan to attend any event!</p> <p><b>November 2021</b></p> <p>Mobile Food Share 1:00pm—1:30pm            Nov 10th and 24th at Somers Cong. Church            Champ's Place Monday's 10:00am to 12:00pm</p> 		
9:00 Outdoor Qigong 10:00 Knitting 10:00 Art 12:00 Hand Weights	9:00 Coffee Talk 10:15 Chair Aerobics <b>11:30 Lunch by The Ivy</b>  <b>1:00 Movie "Home Alone"</b>			



# Season of Giving

The 2021 Season of Giving campaign is here! This campaign began in 2016 with the goal of raising awareness of programs in Somers that benefit our residents in an effort to increase community involvement and contributions. The Season of Giving Campaign focuses on several ways in which you can care for your neighbors in need. *All donations can be sent to: Social Services, 619 Main Street, Somers, CT 06071.*

## Town of Somers Emergency Fund

Did you know that you can make a donation to a fund that is utilized to assist low income families in Somers with basic needs and emergency situations? Residents who are struggling financially are able to utilize the fund for heat, electricity, rent or any number of other extenuating circumstances. This fund is utilized throughout the entire year, but especially during the winter season. Checks can be made payable to: Town of Somers Emergency Fund.

## Stuff-a-Cruiser

*Stuff-a-Cruiser* is an annual event coordinated by the Somers Women's Club, which will begin on November 29<sup>th</sup> and run through December 13<sup>th</sup>. You can drop off new, unwrapped toys at the Somers Police Department (451 Main Street). All items collected come to Social Services and are distributed to families in need.

## Salvation Army Kettle Campaign

Have you ever wondered where money goes when you drop it into the red kettle of the bell ringers at holiday time? The Somers Social Services Department is part of a service unit for the Salvation Army and receives funds from the Salvation Army annually to help meet the needs of our low income residents and part of our role as a service unit is to assist in coordination of the Kettle Campaigns. *90% of funds raised through the Kettle Campaigns stay in our service unit.* To ensure that funds remain in your community, be sure to drop your donation into the red kettle when you see it in Somers! **We need volunteers.** *The kettle campaign cannot be successful without volunteers. If you are willing to donate an hour or two of your time this holiday season to ring the bell, contact Allison Maynard at 860-265-7551 or [amaynard@somersct.gov](mailto:amaynard@somersct.gov).*

## Holiday Toy Shop

This joyful program assists low-income families by providing gifts for their children for the holidays. Donors can contribute any kind of toy, craft, sports gear (or anything else you think a child would enjoy!) for children ages infant to 16 years old. This year we are also accepting gift cards in increments of \$25. If you are interested in participating this holiday season, please contact Social Services at (860) 265-7551 or email us at [amaynard@somersct.gov](mailto:amaynard@somersct.gov) or [churdle@somersct.gov](mailto:churdle@somersct.gov). Want to help but don't know what to give? Contact us for a list of gift ideas.



## **Crafters Corner with Lisa**

**November 10th @  
11am**

**Join us to create A Fall  
Door/wall decoration**

**Pictured to the Left!**

**Registration Required \$3pp**

**The Somers Senior Center  
is Pleased to announce  
Pamela Caso as our newest team  
member here at the Senior Center.**

She will be the new point of contact for  
your Dial a Ride needs, as well as as-  
sisting with programming here at the  
Senior Center.

**Stop in and give Pam a warm welcome!!**



### **SOMERS DIAL A RIDE**

Please remember to schedule your transportation 7 days in  
advance when possible. For More Information on schedul-  
ing or becoming a registered rider please call the

Senior Center 860 763 4379

or email [pcaso@somersct.gov](mailto:pcaso@somersct.gov)

**MASKS ARE REQUIRED FOR ALL RIDERS**



# Special Events



**BAY PATH UNIVERSITY**

**Occupational Therapy Group Program**

**with Bay Path University**

**Fall Focus will be movement!**

**New Day & Time Thursdays @ 9am**

**Registration Required**

## SENIOR CENTER MOVIE MATINEE



Date ~ Tuesday November 30, 2021

@ 1:00pm

Location ~ Somers Senior Center

Showing "Home Alone"

**We are happy to host many opportunities throughout the month to create and share!**

*"You can't use up creativity the more you use, the more you have" ~ Maya Angelou*

Our Art Group is open to all mediums, and abilities on **Mondays at 10am!**

Knitting Plus is a time reserved for those who love to knit, crochet, cross stitch etc..

**Mondays at 10am**, bring your projects or look through our supplies to start a new one!

Crafters Corner will feature a different project each month Lead by our Volunteer Lisa -

**November 10, 2021 Wall/Door Hanger \$3 pp for materials**



### SOMERS SENIOR CITIZENS' CLUB

#### DRIVE THRU LUNCHES

*Pick Up at Somers Senior Center*

**Wednesday, November 17, 2021**

**Shepherd's Pie - Mashed Potatoes - Corn**

**Wednesday, December 15, 2021**

**Chicken Parmesan - Ziti - Green Beans**

**Wednesday, January 19, 2021**

**Yankee Pot Roast - Roast Potatoes - Carrots**

*Sweet Treat with Each Meal!*

**Pick Up Time: 11:30 a.m. - 12:30 p.m.**

**Cost: \$5.00 Each To Be Paid at Pick Up**

**\*\*ORDER IN ADVANCE REQUIRED\*\***

**Call Beverly Gulmond To Order**

**Must Order By Noon Monday Prior to Lunch**

**860-749-9943**

**Happy Thanksgiving to All!**

## Wednesday Walkers

**Moving Back to 10 am!!!**

**Stop in to Walk with Friends**

### The Many Benefits of Walking

1. Burn Calories
2. Strengthen the Heart
3. Can help lower your blood sugar
4. Eases Joint Pain
5. Boosts Immune Function
6. Boosts your Energy
7. Improve your Mood
8. Extend Your Life
9. Tone your Legs
10. Expand your Creative Thinking



# Special Events

*Home Helpers®*

Lunch Sponsored by Home Helpers

Registration is Required as space is limited.

Stop in or call the Senior Center



Upcoming Dates

November 2, 2021 @ 12:00pm

December 7, 2021 @ 12:00pm



Senior Support Group

following the Lunch at 1pm

Open to all this meeting offers home care tips, support, and some fun activities to end the hour!

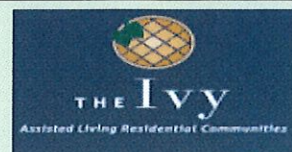
Lunch Hosted by

The Ivy of Ellington

November 30, 2021

11:30am

\*\*\*Registration Required\*\*\*



Join us for Healthy Breakfast

November 5, 2021

Registration is Required!

Set Back/Cards Group

Wednesdays @ 1PM



**Comfort Keepers®**

Small Group Technology Assistance

with Audra from Comfort Keepers

Audra will be here monthly

Friday November 19, 2021 @ 11:00am

**THURSDAY November 18. 2021**

**BINGO & PIE**

@ 12pm

Registration Is Required



Friendship Tours &

Newport Playhouse & Cabaret Restaurant

Presents... "A Christmas for Carol"

December 9, 2021

\$140 per person

Join Friendship Tours for the premiere of the hilarious Christmas Farce! This is a unique dinner theater with a staff served buffet, play performance, and a Cabaret Show!

Departs Somers Senior Center 8:00am

Estimated Return 7:00pm

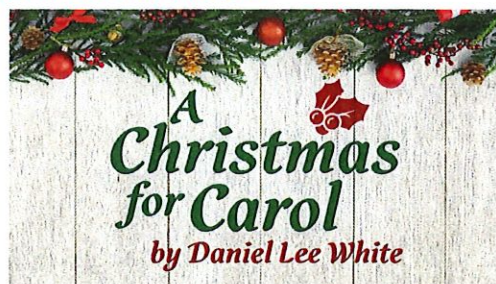
**PARKWAY PAVILION**  
HEALTH & REHABILITATION CENTER  
A Walruscott Healthcare Facility

Parkway Pavilion Luncheon will be held the

Tuesday November 16, 2021 11:30-12:30

Registration Required to reserve a seat.

Serving Beef Stew, Garlic Knots, & Cream Puffs!



# Ongoing Weekly/Monthly Activities

<b>Crafters Corner</b> <b>Lead by Lisa</b>	<b>Wednesday</b> <b>November 10th</b> <b>11am</b>		Fee for Supplies If needed Project Noted on Calendar
<b>ART GROUP</b> All Mediums Welcome Bring Your Ideas	<b>Mondays</b> <b>10:00am</b>		<b>FREE</b> BRING YOUR SUPPLIES
<b>KNITTING PLUS</b> CROCHET, CROSS STICH, QUILTERS ETC	<b>Mondays</b> <b>10:00am</b>		<b>FREE</b> BRING YOUR IDEAS AND SUPPLIES Supplies Available @ SC
<b>DOMINOES</b> NEW AND EXPERIENCED PLAYERS WELCOME	<b>Wednesdays</b> <b>1:00-3:30pm</b>		<b>FREE</b> Minimum numbers required to play
<b>PICKLE BALL</b> Field Road	<b>Thursdays</b> <b>9am</b> Field Road Park		<b>Weather Permitting</b>
<b>HIKE &amp; BE HAPPY</b>	<b>Tuesday</b> <b>2:30 pm</b>		Dates & Location noted on Calendar
<b>COFFEE &amp; CONVERSATION</b>	<b>Tuesdays &amp; Fridays</b> <b>9am</b>		<b>FREE</b> Donations Welcome for Supplies
<b>BINGO</b>	<b>Thursday s</b> <b>12-3pm</b>		Dates Listed on the monthly calendar.
<b>Card Group ~ Set Back</b>	<b>Wednesdays</b> <b>1pm</b>		Minimum numbers Required to play

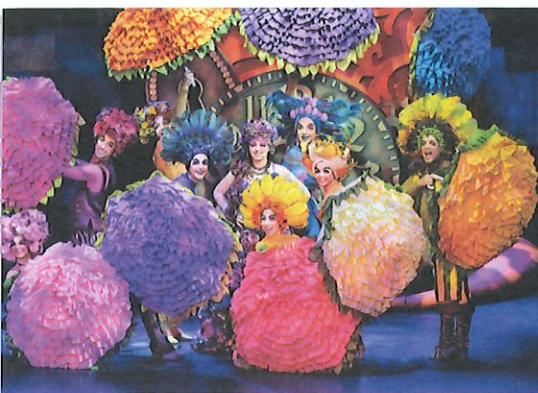
# Health and Fitness

<b>Qigong</b> Join Ritch Ryan for movement & breathing to enhance health and wellness Provides a simple approach with the benefits of balance, strength, & flexibility	Monday & Wednesday 9:00 am	Outdoor Class (Indoor option for inclement weather) 45 minute class \$25 Month , \$40 punch card for 10 classes <i>Try your first class FREE</i>
<b>Yoga Stretching</b> Stretch while sitting or standing Provided by Somers Yoga & Wellness	Thursday 10:00 am	All Levels Welcome Sit or Stand \$25 Month <b>ZOOM Option Available</b> <i>Try your first class FREE</i>
<b>Chair Aerobics</b> Follow along to a classic chair fitness program	Tuesday & Friday 10:15 am	All levels welcome FREE 
<b>Seated Hand Weight Class</b> 45 minute Guided Instruction With Lisa Build strength and endurance	Monday 12:00 pm	Bring your own light hand weights or bands All levels welcome \$25 Month <b>ZOOM Option Available</b> <i>Try your first class FREE</i>
<b>Ping Pong by Appointment</b>	Daily 9-12	1 hour timeslots available for 2-4 players
<b>Wednesday Walkers</b> <b>NEW TIME</b>	<b>10:00am</b>	Walk for a few minutes or a few hours Meet in the Senior Center Parking Lot/ Weather Permitting
<i>Classes are ongoing weekly</i> <i>Sessions Vary depending on Month</i>		<b>Registration is Required for all Programs</b> For more Info Call the Senior Center @ 860 763 4379 Or stop in to Register



**PRE REGISTRATION IS REQUIRED FOR ALL CLASSES and EVENTS...**

**SOMERS RESIDENTS CAN REGISTER STARTING 10/25/2021 and NON RESIDENTS STARTING 10/29/2021**



**SOMERS SENIOR CENTER PRESENTS**  
**ALASKA**  
**WITH CELEBRITY CRUISES ON THE CELEBRITY SOLSTICE**  
**8 DAYS / 7 NIGHTS ~ SEPTEMBER 2 – 9, 2022**

DAY	PORT	ARRIVE	DEPART
1	Seattle, Washington		4:00 PM
2	At Sea		
3	Ketchikan, Alaska	7:00 AM	4:00 PM
4	Endicott Arm (Cruising)	5:30 AM	10:00 AM
4	Juneau, Alaska	1:30 PM	10:00 PM
5	Skagway, Alaska	7:00 AM	6:00 PM
5	Alaska Inside Passage (Cruising)	6:30 PM	10:30 PM
6	At Sea		
7	Victoria, British Columbia	5:30 PM	11:59 PM
8	Seattle, Washington	6:00 AM	

Inside Cabin Category	11	\$2,513
Outside Cabin Category	8	\$2,813
Outside Cabin Category	7	\$2,883
Balcony Cabin Category	2B	\$3,033

**ALWAYS INCLUDED!**

Classic Beverage Package  
 Prepaid Gratuities  
 Surf Wifi Internet Package

*Applies to all stateroom categories.*

*Applies to 1<sup>st</sup> and 2<sup>nd</sup> guests in stateroom.*

*Capacity controlled and subject to change at any time.*

Rates are per person double occupancy and include roundtrip airfare from Bradley International Airport, cruise, port charges, government fees, taxes and transfers to/from ship. CELEBRITY CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

CELEBRITY CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

**PASSPORT REQUIRED**

**DEPOSIT POLICY:** An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by May 4, 2022. Those who book early get the best prices, the best cabin locations, and their preferred dining times.

**FOR MORE INFORMATION PLEASE CONTACT**  
**FLORENCE HURLEY ~ (860) 763-4379**

**FOR RESERVATIONS PLEASE CONTACT**  
**GRAND AMERICAN TOURS ~ 1-800-423-0247**



4/28//22 CW

THE SOMERS CULTURAL COMMISSION  
WOULD LIKE TO THANK ALL WHO PARTICIPATED AND  
ENJOYED THE  
SPRING ~ SUMMER ~ & FALL CONCERT SERIES 2021  
THANK YOU FOR A SUCCESSFUL YEAR.  
FOR MORE INFO ON THE CULTURAL COMMISSION &  
EVENTS

VISIT [WWW.SOMERSCT.GOV/BOARDS-AND-COMMISSIONS/CULTURAL-COMMISSION](http://WWW.SOMERSCT.GOV/BOARDS-AND-COMMISSIONS/CULTURAL-COMMISSION)  
OR ON FACEBOOK BY SEARCHING SOMERS CONCERT SERIES PAGE



**OCTOBER CRAFTING CORNER WITH LISA**



**PICKLE BALL CONTINUES INTO THE FALL**



Just a Reminder

The Senior Center & Dial a Ride will be closed

November 11, 2021 in observance of Veterans Day

November 25 & 26 for Thanksgiving

